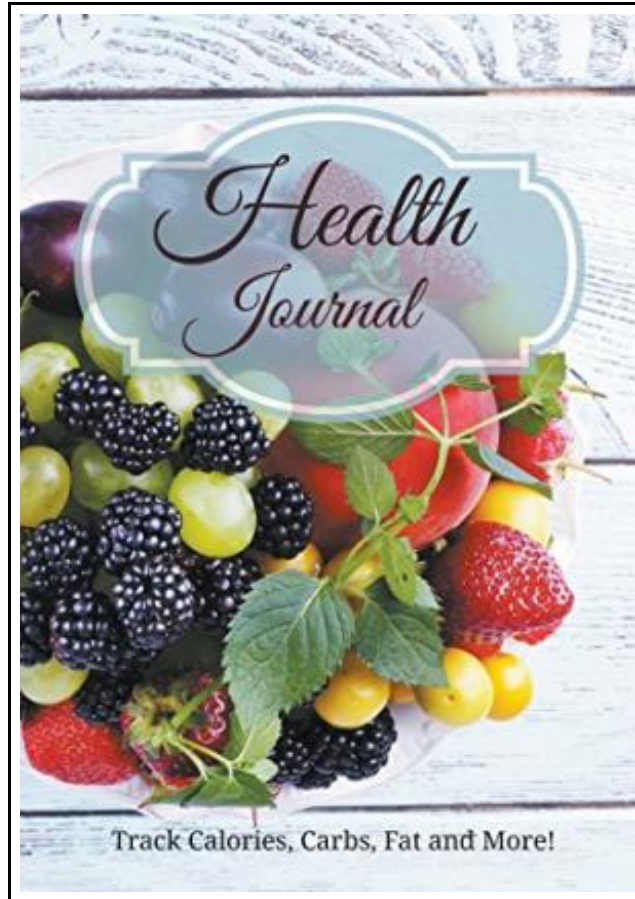


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Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Transform your life this year with this very detailed and beautifully designed health journal! The interior consists of fill-in-the blank sections, and plenty of space to write. There is a section for your goals, feelings and extra notes. List individual foods for each meal you have on a daily basis. Break down the nutrient quality for each food to make sure you are meeting your health and nutrition needs. For instance in the Meal #1 section you have eight sections for each individual food. Track each individual food in the appropriate meal section throughout the day. ***For instance, at breakfast you would track everything you eat such as butter, eggs, orange juice, turkey sausage and toast in a separate section and then break down the nutrient quality of each item. Next to each food item you will see a space for the amount of food. This is helpful you want to track portion sizes. For instance if you eat 3 avocados for lunch, you would want to write down 3 in this section, next to the type of food. Next, you will see a space for fat, calories, carbs and protein. You can track fiber and other nutrients in the extra space provided in the margins or in the notes section. ***Tracking food ensures that you are getting adequate nutrition and staying within the calorie guidelines to maintain your weight or lose weight. Writing down what you eat can also help you identify food allergies. *Track up to 5 meals each day! (There is plenty of room to keep track of breakfast, lunch, dinner and snacks in between your main meals). 7 x 10 size (Fits...



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